



MARCH 2026 FREE EVENTS

CALL NOW TO RSVP 407-803-4622

10025 East Colonial Drive Orlando, FL 32817

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 !!NEW CLASS!! TAI CHI/QIGONG AT 11AM	3 SNEAKERS CLASSIC AT 10AM CHAIR YOGA AT 11:00 AM	4 !!NEW CLASS!! ZUMBA AT 10 AM	5 LINE DANCING AT 10AM SNEAKERS CLASSIC AT 11AM	6 CHAIR YOGA AT 10:00 AM LINE DANCING AT 11AM
9 TAI CHI/QIGONG AT 11AM	10 SNEAKERS CLASSIC AT 10AM CHAIR YOGA AT 11:00 AM	11 ZUMBA AT 10 AM	12 LINE DANCING AT 10AM SNEAKERS CLASSIC AT 11AM	13 CHAIR YOGA AT 10AM LINE DANCING AT 11AM CRAFTY CORNER AT 1PM
16 TAI CHI/QIGONG  NUTRITION CLASS AT 12:30PM	17 SNEAKERS CLASSIC AT 10AM CHAIR YOGA AT 11:00 AM	18  MEDICAL RESEARCH MEMORY SCREENINGS ZUMBA AT 10 AM	19 LINE DANCING AT 10AM SNEAKERS CLASSIC AT 11AM	20 CHAIR YOGA AT 10:00 AM LINE DANCING AT 11AM
23 TAI CHI/QIGONG AT 11AM	24 SNEAKERS CLASSIC AT 10AM CHAIR YOGA AT 11:00 AM	25 ZUMBA AT 10 AM	26 LINE DANCING AT 10AM SNEAKERS CLASSIC AT 11AM	27 CHAIR YOGA AT 10:00 AM LINE DANCING AT 11AM
30 TAI CHI/QIGONG AT 11AM	31 SNEAKERS CLASSIC AT 10AM CHAIR YOGA AT 11:00 AM	 <p>NOT A PATIENT YET? SCAN THIS CODE NOW TO JOIN GOLDEN TIMERS CLUB FREE!</p>  <p>WEEKLY EXERCISE CLASSES BY SILVER SNEAKERS</p>		